



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09440, USDA Commodity pears, canned, light syrup, drained

Report Date: July 01, 2017 03:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	83.16	4	0.118	82.85	83.38	3.0	82.788	83.536	1	Analytical or derived from analytical	--	06/2006
Energy	kcal	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Energy	kJ	261	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Protein <sup>1</sup>	g	0.28	4	0.018	0.25	0.31	3.0	0.223	0.339	1	Analytical or derived from analytical	--	06/2006
Total lipid (fat) <sup>1</sup>	g	0.15	4	0.012	0.12	0.17	3.0	0.115	0.19	1	Analytical or derived from analytical	--	06/2006
Ash <sup>1</sup>	g	0.19	4	0.007	0.17	0.2	3.0	0.167	0.212	1	Analytical or derived from analytical	--	06/2006
Carbohydrate, by difference	g	16.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Fiber, total dietary <sup>1</sup>	g	1.6	4	0.310	0.7	2.1	3.0	0.607	2.577	1	Analytical or derived from analytical	--	06/2006
Sugars, total <sup>1</sup>	g	11.22	4	0.297	10.63	12.01	3.0	10.272	12.161	1	Analytical or derived from analytical	--	06/2006

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Sucrose <a href="#">1</a>	g	0.35	4	0.045	0.23	0.45	3.0	0.205	0.492	1	Analytical or derived from analytical	--	06/2006
Glucose (dextrose) <a href="#">1</a>	g	4.24	4	0.133	3.86	4.46	3.0	3.819	4.667	1	Analytical or derived from analytical	--	06/2006
Fructose <a href="#">1</a>	g	5.67	4	0.193	5.35	6.23	3.0	5.058	6.289	1	Analytical or derived from analytical	--	06/2006
Lactose <a href="#">1</a>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Maltose <a href="#">1</a>	g	0.95	4	0.086	0.7	1.1	3.0	0.677	1.225	1	Analytical or derived from analytical	--	06/2006
Galactose <a href="#">1</a>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	5	4	0.363	4	6	3.0	3.645	5.955	1	Analytical or derived from analytical	--	06/2006
Iron, Fe <a href="#">1</a>	mg	0.28	4	0.128	0.15	0.66	3.0	-0.132	0.683	1	Analytical or derived from analytical	--	06/2006
Magnesium, Mg <a href="#">1</a>	mg	4	4	0.259	4	5	3.0	3.349	5.001	1	Analytical or derived from analytical	--	06/2006
Phosphorus, P <a href="#">1</a>	mg	7	4	0.502	6	8	3.0	5.403	8.596	1	Analytical or derived from analytical	--	06/2006

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Potassium, K <a href="#">1</a>	mg	61	4	3.488	54	67	3.0	49.899	72.101	1	Analytical or derived from analytical	--	06/2006
Sodium, Na <a href="#">1</a>	mg	5	4	1.407	2	9	3.0	0.096	9.054	1	Analytical or derived from analytical	--	06/2006
Zinc, Zn <a href="#">1</a>	mg	0.09	4	0.011	0.07	0.12	3.0	0.051	0.123	1	Analytical or derived from analytical	--	06/2006
Copper, Cu <a href="#">1</a>	mg	0.030	4	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	06/2006
Manganese, Mn <a href="#">1</a>	mg	0.037	4	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.9	3	0.221	0.5	1.3	2.0	-0.045	1.86	1	Analytical or derived from analytical	--	06/2006
Thiamin <a href="#">1</a>	mg	0.020	4	0.001	0.02	0.02	3.0	0.016	0.023	1	Analytical or derived from analytical	--	06/2006
Riboflavin <a href="#">1</a>	mg	0.014	4	0.001	0.01	0.01	3.0	0.012	0.016	1	Analytical or derived from analytical	--	06/2006
Niacin <a href="#">1</a>	mg	0.115	4	0.005	0.1	0.13	3.0	0.099	0.131	1	Analytical or derived from analytical	--	06/2006
Pantothenic acid <a href="#">1</a>	mg	0.041	4	0.000	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2006

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Vitamin B-6 <sup>1</sup>	mg	0.016	4	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	06/2006
Folate, total <sup>1</sup>	μg	3	4	1.109	1	6	3.0	-0.278	6.778	1	Analytical or derived from analytical	--	06/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Folate, food <sup>1</sup>	μg	3	4	1.109	1	6	3.0	-0.278	6.778	1	Analytical or derived from analytical	--	06/2006
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2008
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.11	4	0.009	0.09	0.13	3.0	0.08	0.135	1	Analytical or derived from analytical	--	06/2006
Tocopherol, beta <sup>1</sup>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Tocopherol, gamma <sup>1</sup>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Tocopherol, delta <sup>1</sup>	mg	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin K (phylloquinone) <sup>1</sup>	μg	0.3	4	0.029	0.2	0.3	3.0	0.158	0.342	1	Analytical or derived from analytical	--	06/2006
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
<b>Sources of Data</b>													
<sup>1</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD													